

The Exchange Recovery College

Prospectus



September-December 2020

With **all of us** in mind.

Welcome

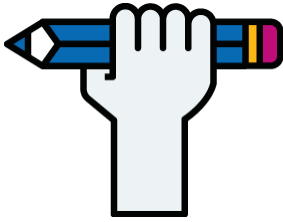
After over five months of uncertainty, we're finally beginning to see what our "new normal" will be shaped like, although this is still changing by the day.

As some of you are aware, we're delivering some courses online which some of our new and old learners are enjoying, but we also understand some of you get the most out of coming to our beautiful building and learning in person. Although that learning here at The Exchange will be a little different to what it was before COVID19, we've decided to open our doors again in September and we believe that we can, with your help, still achieve our learning goals whilst keeping our environment as safe as it can be.

We're hearing that people are understandably struggling with anxieties trying to return to this new normal, therefore have decided to concentrate on some of our popular core courses such as; anxiety, depression, confidence & assertiveness and sleep health. Our gym will be opening again too, but only on a one to one basis. There are also a range of outside activities you can get involved in such as walking, cycling, table tennis and box-fit.

We'll be offering these up until Christmas 2020, reviewing things again in the New Year, when we hope to be able to offer a wider range of courses and workshops.

Finally, thank you for your patience. We hope that you still enjoy your time with us in these extraordinary times.



How do I enrol?

You're not referred to the Recovery College, you can simply enrol yourself, or on behalf of someone for any of our courses that may be of interest to you. Our courses are open to all adults and we welcome carers, supporters and professionals too.

If you've been to the college before, you can simply enrol online at:- www.barnsleyrecoverycollege.co.uk or, alternatively call us to do it over the phone or complete an enrolment form included with this prospectus.

If you're new to the college, you'll need to enrol on an "Introduction to the Exchange" session, which is where you'll find out what kind of courses we offer, have a look around the building and ask any questions you may have. These sessions will be on a one to one basis and last roughly an hour. You can then enrol on your chosen course after this. These are now carried out on a one to one basis, and you'll need to make an appointment with one of our coaches.

Please note! *by submitting your enrolment, it does not necessarily mean that you have been booked onto a course. You'll be contacted by text or email to let you know if you have gained a place.*

Please note! *We're only offering a limited number of places on each course in line with COVID regulations, therefore some courses will fill up very quickly. Make sure you get your enrolment form in early to avoid disappointment!*

We have also included within the enrolment process, two other forms – our Learner Charter and Equality Impact Form. We require you to complete these please for data collection purposes.

We understand that sometimes it may be difficult to attend a full course, but if you can't attend the very **first session**, or miss **three sessions**, we suggest that you re-enrol on a future date.

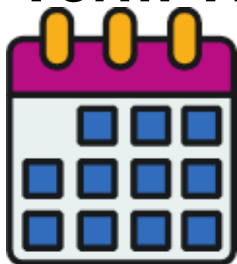
Finally, please be aware that if you provide us with an email address and/or mobile number, confirmation of course bookings and reminders will automatically be emailed or text to you. Please let us know if you don't want this to be the case.

New rules and how things will look

In accordance with NHS England and SWYPT guidelines, from September 2020 until further notice, we will be implementing the following:-

1. **PLEASE DON'T ATTEND THE COLLEGE IF YOU FEEL UNWELL OR HAVE A TEMPERATURE.**
2. Please inform the college as soon as possible if you aren't able to attend for any reason. We only have a limited number of places due to new social distancing restrictions.
3. If you become unwell whilst you are at the college, please inform the course tutor immediately who will guide you through what to do.
4. You are required to wear and bring your own face masks whilst on Trust premises.
5. If Covid-19 was to be suspected at the college and confirmed, we would contact you and inform you of this as this is part of the track and trace.
6. You will **ENTER** via the front gate and **EXIT** out of the rear of the building to avoid contact with additional learners. If you have mobility issues, please highlight this to one of our staff before you attend.
7. Signing in will take place once you arrive in your classroom. We no longer have a Reception area you can wait in.
8. You will be greeted at the gate and shown into the building.
9. If you are running late, you **MUST** phone the college to let us know. If you don't let us know, unfortunately you won't be allowed to start your course.
10. Unfortunately, we're not allowed to use fans on the premises therefore please dress appropriately.
11. Each learner, depending on course content, will be given a pack for your chosen course. Please note this will be your responsibility to bring to each session together with your own pen and paper.
12. All learners to wash or sanitise hands **before entering** and **leaving** the room.
13. Whilst in your classroom, please ensure you remain **TWO METRES apart AT ALL TIMES**. Whilst in some public places this has been reduced, we work from NHS England guidelines.
14. Unfortunately we can no longer offer any hot drinks or vending facilities following Government guidelines, however, you are able to bring your own drink to the college as long as you take your waste home with you.
15. You will be expected to remain in the classroom for the duration of your course unless you require using the toilet.
16. Can all previous learners ensure we have up-to-date contact information?
17. In an event of a fire, please can all learners exit the building calmly and quickly and make your way to the pond, remembering to keep your distance at all times.
18. Please note we have a maximum capacity in each room that we have to adhere to.

Term Times



Courses will be held over the following **TWO** terms:-

Term 1 – 7 Weeks

Mon 7 Sept 2020 - Fri 23 Oct 2020

Half Term - Mon 26 Oct-Friday 30 Oct 2020

Term 2 – 7 Weeks

Mon 2 Nov 2020 - Thurs 17 Dec 2020

Christmas Holiday - Mon 21 Dec 2020-Friday 1 Jan 2021

Courses on offer

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Managing Depression	1 & 2	7
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Courses & Workshops



Feel the Fear: Exploring Anxiety

We can all experience uncertainty, panic and signs of anxiety at times in our lives. For some, these feelings can become overwhelming and have significant impact on daily life.

If you experience anxiety for no obvious reason and want to develop your understanding of how anxiety can affect your mind, body and lifestyle – this course could be for you.

We will explore the causes and symptoms of anxiety, look at practical steps and techniques we can use to take more control.

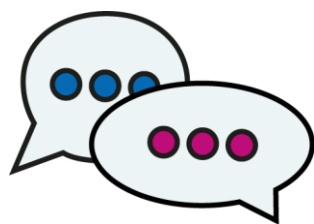
Dates/Times

Term 1

Feel the Fear	Monday	7 th September 2020	10-12 Noon	6 Weeks
Feel the Fear	Tuesday	8 th September 2020	10-12 Noon	6 Weeks
Feel the Fear	Tuesday	8 th September 2020	1:30-3:30pm	6 Weeks
Feel the Fear	Thursday	10 th September 2020	5-7pm	6 Weeks

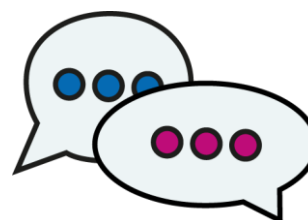
Term 2

Feel the Fear	Monday	2 nd November 2020	10-12 Noon	6 Weeks
Feel the Fear	Tuesday	3 rd November 2020	10-12 Noon	6 Weeks
Feel the Fear	Tuesday	3 rd November 2020	1:30-3:30pm	6 Weeks
Feel the Fear	Thursday	5 th November 2020	1:30-3:30pm	6 Weeks

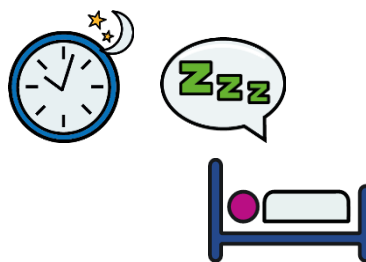


"The Coach discussed ideas clearly so that everyone understood and felt included"

"I've felt safe, not alone and less judged since doing this course"



Helpful Habits for Sleep



Sleep plays an important role in keeping us healthy, emotionally strong and better equipped to manage the challenges of daily life.

When we don't have good sleep, our concentration is affected, things become harder and we can feel less like ourselves.

Using a range of techniques and sleep tools, this course will support you to evaluate your sleep routine and look at some of the key principles of sleep theory. Each session will provide you with information on how to develop healthier habits to improve your sleep routine.

Term 1

Helpful Habits for Sleep	Monday	21 st September 2020	1:30-3:30pm	3 Weeks
Helpful Habits for Sleep	Tuesday	22 nd September 2020	1:30-3:30pm	3 Weeks

Term 2

Helpful Habit's for Sleep	Tuesday	17 th November 2020	10-12 Noon	3 Weeks
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Managing Depression



Sometimes the simplest things are the hardest. Minor tasks such as getting out of bed, answering the phone, making a decision, what to eat, what to wear, what to watch or even leaving the house all take major effort. That's one of the many pitfalls with depression. Easy becomes complicated. The everyday becomes exhausting.

This course is not about stopping depression, but it may help you develop new ways to help better manage it. We will give you practical information and useful tips to help you live your life and offer you a different perspective of how you view your depression.

This course is based on Acceptance and Commitment Therapy (ACT).

Dates/Times

Term 1

Managing Depression	Monday	7 th September 2020	1:30-3:30pm	6 Weeks
Managing Depression	Wednesday	9 th September 2020	1:30-3:30pm	6 Weeks

Term 2

Managing Depression	Monday	2 nd November 2020	1:30-3:30pm	6 Weeks
Managing Depression	Wednesday	4 th November 2020	1:30-3:30pm	6 Weeks

Assertiveness, Confidence & Communication



Using a blend of both theory and practice to help support your understanding and development of communication and assertiveness skills.

Together we will explore:

- Our understanding of the difference between confidence, assertiveness and self-esteem
- The different communication types and behaviours
- How and why we communicate with others
- Assertiveness tips
- Conflict management skills.

"It made me feel I was capable of overcoming my own struggles and that one day I could present myself so confidently" too!"

Dates/Times

Term 1

Confidence & Assertiveness	Wednesday	9 th September 2020	10-12 Noon	6 Weeks
Confidence & Assertiveness	Wednesday	9 th September 2020	1:30-3:30pm	6 Weeks

Term 2

Confidence & Assertiveness	Wednesday	4 th November 2020	10-12 Noon	6 Weeks
Confidence & Assertiveness	Wednesday	4 th November 2020	1:30-3:30pm	6 Weeks

Exploring Resilience



Our ability to stay mentally well during those difficult times is what we call 'resilience'. Resilience however, is not simply a person's ability to 'bounce back', it also includes our capacity to adapt in the face of challenging circumstances.

Over course of six weeks, we will think about what it means to be resilient and explore how resilient we are. We will look at the factors that influence and develop personal strategies to aid our mental and emotional resolve.

Term 1

Exploring Resilience	Monday	7 th September 2020	10-12 Noon	6 Weeks
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Term 2

Exploring Resilience	Monday	2 nd November 2020	10-12 Noon	6 Weeks
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Renew You



It can be easy to fall into the trap of using negative and limiting labels to describe ourselves.

In this exploratory course we will look at the values and qualities that are unique to us and consider how we perceive ourselves, view our self-image and the roles we adopt.

By attending this course we aim to provide you with the space and time to reflect on who you are and encourage you to develop a more realistic and balanced perspectives of yourself.

Please note attendance of the Renew You Pre-Course meeting is required before booking onto this six week course. Due to the nature of this course your readiness and commitment to attend each session is essential.

Term 1

Pre-course Meeting

Renew you	Thursday	10 th September 2020	5-6pm	1 Week
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Course

Renew you	Thursday	17 th September 2020	5-7pm	6 Weeks
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Term 2

Pre-course Meeting

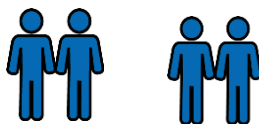
Renew You	Thursday	5 th November 2020	1:30-2:30pm	1 Week
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Course

Renew you	Thursday	12 th November 2020	1:30-2:30pm	6 Weeks
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"This course gave me an opportunity to re-discover the tools I'd forgotten about while equipping me with new information to reflect upon and make positive changes in my life"

*The difference in me from starting to finishing this course was **HUGE!***



Men's Wellbeing

One in four of us will experience a mental health problem each year. We will focus on the physical and mental aspects of staying well, including how we cope with stress and pressure, the impact of identity and self-image and common physical health conditions that impact on both general and sexual health. We will look at the importance of reaching out, seeking appropriate advice and talking to the people you trust.

This course is delivered by men, for men.

Term 2

Men's Health	Monday	16 th November 2020	1:30-3:30pm	3 Weeks
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Short Courses



The following short courses are designed to help you explore personal stressors and responsibilities and give you tips on how to manage your everyday self-care and maintenance.

Daily Maintenance



This short course will encourage you to identify the things that you need to do every day to maintain your wellness.

Term 2

Daily Maintenance	Tuesday	3rd November 2020	10-12 Noon	2 Weeks
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Self-Care



This short course will explore the practice of taking an active role in looking after your own health and wellbeing, particularly during times of stress.

Term 2

Self-Care	Thursday	19 th November 2020	10-12 Noon	2 Weeks
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For those that give too much: Everyday Stress

Life can feel pretty relentless at times. There are always things to do, responsibilities to oversee and people to please. At times we can go to bed cross with ourselves for not getting enough done in the day and vowing that we'll do so much more tomorrow.

In this informal workshop we'll hit our own 'pause button' and explore our own personal stressors and their impact on us. We will consider what helps to reduce our levels of stress and explore ways of introducing more peace into our lives.

Term 2

Everyday Stress	Monday	2 nd November 2020	1:30-3:30pm	2 Weeks
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Accepting Change



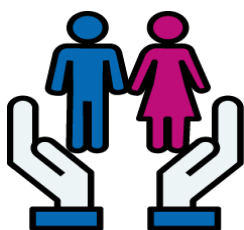
Change is a necessary and inevitable part of our daily lives. How we view and respond to these changes has a direct link to our emotional resilience. The way we deal with each change we face will be different, dependant on size, frequency and impact with lots of factors, including our health and wellbeing influencing how we approach it.

Join us on this short course as we explore change, how we respond to it, the reasons why we can resist it and what makes change easier and more positive.

Term 2

Accepting Change	Tuesday	8 th December 2020	10-12 Noon	2 Weeks
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Citizen Workshops – preparing to volunteer or work



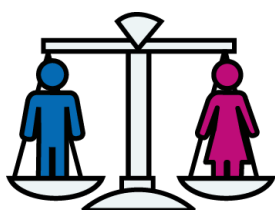
Safeguarding Workshop

This workshop aims to provide you with an awareness of the topic. Together, we will explore:

- The definition of Safeguarding
- Who is considered an Adult at Risk
- The definition of risk and the limitations to confidentiality
- The different types and indicators of abuse
- Where abuse occurs and who from
- Who to contact if you have a concern

Term 2

Safeguarding Workshop	Friday	27 November 2020	10-1pm	1 Week
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Equality & Diversity

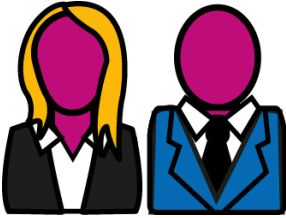
For most of us, treating people equally and appreciating individual differences is the basis of being a good citizen. This introductory session explores what equality and diversity means, the barriers that can prevent quality from being realised and the legislation and organisational policies that uphold it.

Term 1

Equality & Diversity	Weds	9 th September 2020	10-12pm	2 wks
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Term 2

Equality & Diversity	Friday	13 th November 2020	10-12pm	2 wks
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Professionalism

Professionalism describes the skills, qualities and competencies that are expected of all of us in our paid or voluntary roles. In this workshop we focus on the behaviours that we need to demonstrate.

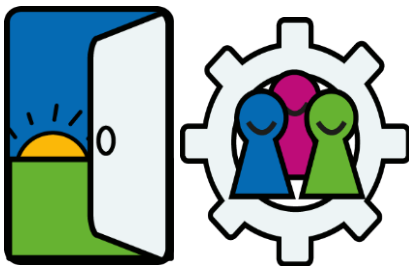
Join us as we explore these key qualities within the healthcare and voluntary sector.

Term 1

Professionalism	Weds	23 rd September 2020	10-12	2 wks
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Term 2

Professionalism	Weds	4 th December 2020	10-12	2 wks
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Introduction to Volunteering

This workshop is designed to give you an insight into the role of an NHS volunteer within a Recovery College setting. It is ideally suited for people who are thinking of volunteering or for newly recruited volunteers who are stepping up into this responsible position.

The workshop covers the following areas of practice:

- Your motivations for volunteering?
- An outline of our volunteer offer at “The Exchange”
- To discuss whether your volunteer aspirations meet our own – are we a good match?
- To explore what is: professional and ethical practice?

By exploring these areas it is hoped that you will be able to reflect on whether you are ready for volunteering in terms of: your own wellbeing, able to take on the responsibility of this important role and share a willingness to empower learners to meet their own goals.

Term 1

Intro to Volunteering	Tuesday	15 th September 2020	10-1pm	1 Week
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Term 2

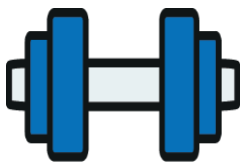
Intro to Volunteering	Friday	6 th November 2020	10-1pm	1 Week
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Physical Activity

Improve your fitness and health with the physical development team, based at The Exchange.

Physical Activity can be difficult, but we are here to help. Physical fitness is very important for good physical and mental health. It helps improve the quality of your life and reduces the risk of serious conditions. Regular exercise helps you to control stress and can help you to feel better about yourself but getting yourself active and physical fitness is very important for good mental and physical health. It can help to reduce and control stress and can greatly improve your quality of life.



The Gym We've been running the Gym here at The Exchange for around five years, and in this time we have been successful in helping many people improve their mental health condition. Let us help you improve your physical fitness and stamina in our on-site gym! All new starters receive a personalised induction and training plan delivered by qualified exercise specialists. Our supervised one to one gym sessions run weekly.

Contact Kevin Bryson for more information – 01226 730433

Community Sports Groups and Active Sessions we support a range of accessible sport and activity groups to help you to get moving, improve your mood and increase your physical stamina. You'll be working with exercise specialists and trained volunteers.



Walking for Health Take part in regular short walks to help you get active. It's a great way to stretch your legs, explore what's on your doorstep and make new friends. Small Walking groups available please see the updated walking for health information. We can also offer some 1-1 walks where required with a clear pathway for signposting into small groups.



Football Training Sessions for those experiencing mental ill health.

Sessions have been adapted to ensure safety during Covid19. A maximum of five players within each bubble so therefore booking is essential! Sessions are held each Thursday at 1pm-2:30pm at Kendray Fields (subject to change)

Contact Hannah Burton for more info 07917650091

Netball High impact training sessions FOR ALL abilities. Fun, friendly and welcoming sessions suitable for all ages and ability.

**The Fleets Training fields, Barnsley on Tuesday 6:30–7:30
(subject to change due to Covid) £2.50 per session**



Cycling (Booking essential) – Bikes available for riders, please where possible bring your own helmet and water bottle.

Beginners – Wednesday Mornings 10-12pm Led bike rides in small groups Up to 5 miles, Learn the basics of bike safety and increase fitness and confidence.

Intermediate – Wednesday afternoons 1-3pm Led bike rides in small groups up to 10 miles. Includes some short road rides.

Advanced – TBC

Email or phone Hannah Burton. Timetable to be confirmed.

Frequently Asked Questions

'I don't want to go back to school or college. Is that what this is? How are courses delivered?'

Our courses aren't traditional college or school subjects and aren't delivered in a traditional way. We believe that we all have something to learn and we are all on our own recovery journey.

If you attend a course you won't be sitting in a classroom listening to a teacher talk while you take notes. Instead you'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise.

'Can I access your courses online?'

We are currently developing online courses, these may be different to what we offer face to face. We'll keep everyone informed on our Website:-

www.barnsleyrecoverycollege.co.uk

'I have some physical mobility problems – is the College accessible?'

Yes. Our classrooms are based on the ground floor and are fully accessible. If you have any concerns about your mobility and attending the College please contact us on 01226 730433. We now have a one way system due to COVID but if you inform us beforehand we can arrange different access.

'Do I need to be referred by my mental health team?'

No. You do not need to be referred. As a learner, you simply enrol and discuss with us the courses which best suit you.

'Will it affect my benefits?'

The Exchange is total independent from the DWP and we have no involvement in any decision made about your benefit entitlement.

'What happens if I'm not able to attend the whole course?'

We understand that it may be difficult to attend the full course and ask that you let us know if you are unable to attend.

If you cannot attend 2 sessions out of the full course, we will suggest that you re-book for a future date.

'What if I need some extra support with studying once the course has started?'

This may involve meeting with staff on a one to one basis to talk through and discuss the course content or to help you complete any work that you have found difficult to complete in the session.

'Can I come on a course twice?'

No, this isn't usually allowed, only under exceptional circumstances and at the discretion of the course facilitator.

'I'm worried about my IT skills, do I need to use a computer to do a course?'

No. IT skills aren't a requirement, however, if you would like to develop your skills in this area, then we offer a digital resilience course or we can signpost you.

'Will I need to complete any tests or exams?'

No, there are no exams or tests. On occasion we may offer accredited courses – this may require some evidence of learning. This will be discussed with you at the time of the enrolment to make sure that you are aware of the course expectations.

'Will I definitely get a place on the course I want?'

Due to popularity and restricted numbers due to COVID, some courses may book up quickly. Where this is the case, where possible, we will be able to offer alternative dates or suggest a different course.

'What happens once I have finished my course?'

One of our key aims is to provide you with the time and space to decide on your next steps and build the confidence to take them. This may be moving on to another course with us, a course with someone else or thinking about other steps including moving into volunteering or paid work.

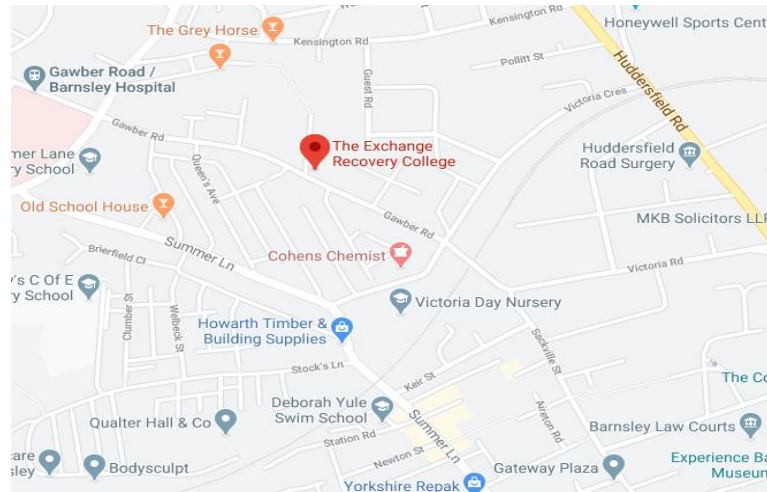
Whatever your next steps we have someone on hand who is happy to guide you in thinking about and accessing future goals.

'Where can I find additional information?'

Our prospectus is available online at www.barnsleyrecoverycollege.co.uk and we regularly post updates about our courses and new course dates on social media.



How to find us



Bus Services

Buses leave Barnsley Interchange from stands 4, 5 and 6. Currently, bus number 95 is running every 15 mins until 23rd October 2020. You will need to get off at the junction of Victoria Crescent and Gawber Road immediately after the railway bridge and before Barnsley Hospital.

Please note that everyone is expected to follow government guidelines and wear masks on any public transport. Buses may fill up quicker due to distancing restrictions so please let us know if you're not going to make it on time.

On Foot

We are situated on Gawber Road. If you are coming from the town centre or from the bus stop on Gawber Road keep walking towards the Hospital (away from the town centre). You will pass Sykes Avenue on your right and we are on the corner of Wellfield Road. You will pass a row of residential terrace houses and The Exchange is set back from the road, behind a tree lined fence.

By Car

From the M1 exit at Junction 37 and follow the signs into Barnsley on Dodworth Road/A628. At the traffic lights turn left on to Pogmoor Road and stay on this road until you reach crossroads (Barnsley Hospital), turn right onto Gawber Road, we are on the left hand side.

Parking

There is no on-site parking at The College, we are based in a residential area and on street parking is available directly outside. When parking we ask that you respect our neighbours.

Get in Touch.....



01226 730433



www.barnsleyrecoverycollege.nhs.uk



The Exchange Recovery College Barnsley



Barnsley.Recoverycollege@swyt.nhs.uk



33 Gawber Road, Barnsley, S75 2AH



[@the_barnsley](https://twitter.com/the_barnsley)



[exchangerecoverycollege_1](https://www.instagram.com/exchangerecoverycollege_1)

